

Dr. Sharon Saline: How do we know if it's ADHD?

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SPEAKERS

Dr. Sharon Saline, Katy Weber



Katy Weber 00:00

But yeah, I guess we'll just jump into it if you're ready. Because I'm curious, I know you mentioned in your book that your brother did have ADHD but wasn't necessarily diagnosed as a child. And I guess you know, you didn't What was your experience with ADHD? Oh,



Dr. Sharon Saline 00:17

you want to just get started? Right? Yeah, sure. Because we're already recording. Okay, so um, so, you know, my experience was that my brother had undiagnosed, untreated ADHD, it was the 70s, you know, people didn't really understand ADHD that well. And he, he struggled, he started, there was certainly no kind of pattern of giving medication to kids who are not really in facilities. So there was just a lot of, you know, a lot of nervousness and explosions. And my parents struggled with him. And he struggled with them. And I tried to, like, do my the best I could, by trying to be as perfect as possible, which, you know, is its own set of problems. And I think that what happened is that I found when I became a psychologist, that I was kind of drawn to these kids. And I didn't actually understand why. And then my nephew was diagnosed at like, five, six or seven. And, and then it thinks sort of, did the course that they often do a child gets a diagnosis, and then appearances of that. And, and so it kind of actually shed a whole new light on my understanding of my family. And I don't have a formal diagnosis, but I certainly have some trades, you know, I struggle with emotional control and time management. You know, I, I always think I could do more in a given amount of time, and I actually can do so I overestimate my ability, and I underestimate how long things take. And, you know, I'm an intense person, and I have sadly lost my temper more than I wish I had. As I've matured, I've really worked on that. And I continue to work on that. And, you know, I certainly I have a regular meditation practice, and I do yoga, and I exercise. And all of those things help, don't drink caffeine never have. So. So I think that, that, that sparked my interest, and I still feel a real compassion and interest in kids who are, you know, neurodivergent kids who have ADHD kids who have learning challenges, kids who might be level one on the spectrum, particularly kids will live with anxiety and depression. I feel like these are kids who need allies and advocates and I, from my own experiences growing up as a somewhat as an anxious child. And from my family, I feel like that's what I that's my job. That's my purpose, you know, to offer

people who struggle with these challenges. And, you know, as I've progressed in my career, and since my book was written, and I've sort of stumbled into also working with adults, which has been really great. People like you who get a diagnosis when they're 40. And are trying to figure out okay, well, what does this mean, you know, when I look backwards, but mostly, I'm more importantly, like, how does this mean, when I look forwards, like, How do I look into the future of my life? And, you know, also, you know, in my day to day present, because those sort of like the present is this moment, but then there's like tomorrow.



Katy Weber 04:05

Oh, yeah, absolutely. It's it is. I mean, yeah, it's nothing short of revelatory, when I think of how there was in the very beginning so much grief, looking back at, you know, my childhood, I talked about how, you know, I was, I'm born in 74. So this is like the early 80s. But in kindergarten, I was left handed and my kindergarten teacher forced me to become right handed. Right, which feels like in the 80s That's terrible, right? It was awfully draconian. But, you know, it was one of those sort of family stories where my parents would laugh about it. Oh, isn't that funny that your teacher made you do that? And now since my diagnosis, and I look back at all of like, my handwriting issues and dysgraphia and all these, you know, that feeling like I had an undiagnosed learning disorder, you know, like so many of us who are diagnosed in adulthood have that feeling have like, there just was something off, you know, and the signs now looking back realizing the signs were there all along, just nobody knew what to look for. And nobody knew what they were even looking at and how there's so much grief around that like wondering how my life could have been different. Had somebody noticed. And then like you said, now realizing, oh my goodness, like my, my view of who I am is changing so dramatically. What am I capable of? How do we you know, what it's just feels sometimes, like I often use the metaphor of the Phoenix, right? Like it took an emotional meltdown for me to get this diagnosis, and a lot, a lot of struggles. But now it does sort of feel like the, the sky's the limit. And, you know, I actually have interviewed quite a few women who were diagnosed in adulthood who had a very similar experience where they had a sibling who either was diagnosed, or, you know, just had more of the stereotypical symptoms and traits of any other child with ADHD. And they were then labeled as the good kid, the easy one. Yeah, cause problems with your parents, like, you know, we're just grateful for you'd like just stay quiet and and don't get into trouble and you know, examining the anxiety that comes from that as you get older, and then you mix in the desire as a female socialized as a female to be likable, and to not cause trouble and the the emphasis on behaving well. It just feels like the perfect cocktail for anxiety, which is why so many of us are misdiagnosed with with depression and anxiety.



Dr. Sharon Saline 06:37

That's right. And I think that's, that's actually what happens for a lot of women.



Katy Weber 06:41

Yeah, exactly. Right. That's what that was certainly my experience I was I was diagnosed with depression and anxiety in university and then when I had my first child, I then was diagnosed with postpartum depression and anxiety and now I sort of look back and realize a lot of that

was sensory issues. You know, I think we've talked a lot about like the emotional regulation I don't think I was necessarily depressed but I do think I would kind of be thrown into a rage not knowing why I would get thrown into a rage and then feel like a terrible person or terrible wife or a terrible mother because of that rage and going through that cycle and now realizing like a lot of that had to do with overstimulation and had I known what was happening yeah, so So I mean, it's just fascinating going through with looking through all of these like life moments through this new Lens. So now, I guess going back to this idea of getting misdiagnosed, and really struggling a lot with that feeling of just feeling different or feeling. I certainly felt like I had a learning disorder because I struggled in school. But I also know a lot of women who are diagnosed in adulthood didn't struggle with in school, they actually did quite well. So I'm curious, like, what do you think are some of the most overlooked symptoms in girls, especially in school? Even if they are doing well? Well, I

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Dr. Sharon Saline 09:35

think that because many girls struggle with inattentive ADHD. They don't they're they don't draw as much concern, because the symptoms are much more internal. You're kind of a dreaminess, a space is sort of spacing out and distracting this, you know, a sort of it's quieter, the anxiety may be more in You know, it's more internalized necessarily than externalized. And so they're not, people don't don't see them, they may not be succeeding as well at school, or they may be doing fine at school, until they get to a place where their executive functioning challenges overwhelm their intelligence, their ability to sort of plow through material. And we usually see that around middle school or high school. And that's when, you know, we see an increase in the diagnosis of ADHD among



Katy Weber 10:32

girls. Yeah, I think that's definitely where my issues started in middle school. And I know, we've talked, I've talked with many women who sort of talk about the the lack of the reduction in structure, or I guess, this sort of increase in in Independence and the, you know, some kids in middle school just can't, you know, impose their own structure. So when you're there relying on more independence with studying and more independence with larger projects, that's where it kind of fell apart for me. But then there's also the other side of the coin, which is the hormonal element, right? I mean, is it it? What would you say are are there symptoms that are specific to females?

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Dr. Sharon Saline 11:17

I don't I don't think so. I think there are symptoms that are specific to inattentive and ADHD and hyperactive impulsive ADHD. And I think if we try to feminize the symptoms, then we do a disservice to boys who have inattentive ADHD, I certainly think that some of the traits for women in terms of wanting to please other people to to value themselves through their social connections, and how they're performing socially, put different stressors on girls than there are on boys. Standards of being perfect. Put stressors on girls, I think that we see that a girls with ADHD are much more likely to show anxiety or depressive signs early on, whereas we see more

oppositional defiant diagnosis with boys. So I think that, you know, I don't I wouldn't want to sort of gender eyes, the traits because I think the traits are, you know, have been researched and are, you know, differentiated by the type of ADHD rather than the gender you have with



Katy Weber 12:27

it? That's a good point. I see. I see why that could be problematic for me, I think I feel like the conversations, so often with me and my guests is comes down to like, is this ADHD? Or is this just being a feminist? You know, so much of so much of our the anxiety, anxiety, especially, but also, it's really difficult to parse, how many of these traits come from socialization as opposed to genetic?



Dr. Sharon Saline 12:57

I mean, we want to remember that, you know, ADHD is the most inherited mental health diagnosis there is, you know, with a genetic component, somewhere between 45 and 55% of parents. So kids who have an ADHD, who have a diagnosis of ADHD, excuse me, have, you know, a 50% chance that there's a parent who has ADHD, and that's important, but it also runs in families. So, you know, you may you as a parent may not have it, but your brother Mike, and your daughter, right, you know, or son.



Katy Weber 13:29

Yeah, that's the conversation I'm having with my kids a lot of the time nowadays, because I have a 10 year old boy, and a almost 15 year old daughter. And since my diagnosis, and because I basically am like living and breathing, ADHD through the podcast, and just my own hyper focus on research and interest in it. They asked me that question, do you think I have ADHD and I, I like it boggles my mind that I still don't know the answer to this question with either of my children, because both of them, I think, exhibit so many neurodivergent characteristics, but they're also very different in you know, because of I think, once a boy wants a girl once the older child wants the younger child like so there's the birth order issue there. There's so many factors leading to their traits. And then again, like neither of them really knock on wood is struggling in school. But a lot of that, I think, has to do with the fact that I have been able to help them. You know, the last two years have been a bit of an anomaly in terms of schooling, there's no homework anymore, which is great. You know, we did so many hybrid learning and remote learning. So I was able to be a lot more invested in their schooling than I ever had been in the past and I think they've benefited from that. But it's, you know, it's this question of like, they have there are there are executive function issues with both But at the same time, I'm like, How do I even? Because so because they are so well behaved, and I think, you know, because they place a lot of emphasis and a lot of their anxiety and doing well in school and getting good grades. Part of me wonders, you know, how do I even know if they have ADHD? Is it just neuro divergence? Or is it anyway, I guess that's what I where I come down to when we talk about ADHD, are we talking about, you know, chronic behaviors or executive function difficulties that



Dr. Sharon Saline 15:34

or it's a biologically based, you know, disorder, for condition, I prefer the word condition based on, you know, different sort of deficiencies in the dopamine and norepinephrine systems of the brain. And so, you know, when you think about, well, like, what are some traits that we would like to we will look for, or what are some patterns that we would look for, particularly in girls who are doing okay, in school, it would have to do with, you know, social connections and social relationships, it would have to do with stress levels related to school, like they may be doing well, but they may be super stressed about it and have to spend, you know, more time on their homework than other kids, they may experience a level of distracted Ness, or demonstrate a level of distracted Ness or anxiety, worry about things that are beyond their control. That is somewhat a, a typical, you know, they also may feel they may have periods of low self esteem. So we're looking for signs that aren't necessarily just executive functioning skills, they may struggle with time management, they may struggle with being able to get started on something, they may struggle with remembering things. So we want to sort of have a broader lens that we're looking at,



Katy Weber 16:57

I would say all of the above with my kids. My daughter, for instance, is it's her but it's her room, her room is a disaster, that's always sort of feels like that's the red flag for me is the chronic disorganization the time blindness, the, like you said, the inability to determine how long it takes to do things. And, and it but again, yeah, like, I think a lot of her she's very bright. And so she has not yet had to, you know, put a lot of time and effort into school, it's come very easy for her. So I'm curious when she gets into larger, like more essays and, and the bigger projects that I know, I certainly struggled with.



Dr. Sharon Saline 17:38

Being You know,



Katy Weber 17:41

having to start large projects was always really difficult, I think.



Dr. Sharon Saline 17:46

Yeah. Time blindness, disorganization, you may be able to do well at school, but your desk might be you know, like a tornado hit it. Your room may be like a tornado, you may rush to get to school and you can't find things you're losing things mean these are all things, these are all sort of characteristics that we would look at.



Katy Weber 19:00

I would say the number one question I get from women on, you know, at least if I'm deemed on social media, is the feeling like I have relating very deeply to ADHD literature or ADHD, tick tock videos or memes, you know, like, I'm feeling like, I'm really relating to this. Especially

since the pandemic I think there's been such a tremendous influx of adult women who are adults in general who are getting an ADHD diagnosis since the pandemic and along with this interest in sort of feeling like I, you know, maybe I have this I feel really seen by this. I feel really like a lot of this describes some of these seemingly random struggles I've had throughout my life. It feels like this could be the answer. And then there's also that feeling of like, well, what if my doctor doesn't believe me, you know, or what if I'm I'm looking for an answer. And I, I've found I think it's ADHD, but it's not really, you know, it, I liken it to like going to the eye doctor when the eye doctor, you know, asks you like, which is, which is more clear A or B, you're like, can I see a again? I don't know, wait, what about is it B of envy? Like who put me in charge? You know, this. This is feeling like, like how, you know, there's so much self doubt around and confusion around whether this is or isn't ADHD? And I feel like is that? Do you feel like that's specific to ADHD?

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Dr. Sharon Saline 20:33

Or? Yes, yes. And I think that if you think you might miss so there's a personal question. So what happened? What has happened since the pandemic lockdown? Why do so many people suddenly like, Well, I think I have ADHD. So I think that there's been a lot, there's been sort of a lot of videos posted on Tik Tok, and people are around, they feel distracted, they feel overwhelmed, they're trying to manage their kids or maybe trying to work from home. This was, you know, when kids were learning at home, a lot of a lot of us are sort of go back and forth. Like I know, I was in my office, seeing people masks down back at home not seeing people. So there's a lot of change. And there's a general sense of lack of control over a lot of things. And so I think it's very hard to kind of determine, well, is this just depression because it's, you know, like January, and there's snow on the ground, and I can't go outside because it's January 2021. And no one's vaccinated. Or January 2022, when people are vaccinated, and there's a another, you know, there's a variant that's keeping us inside. So, you know, we want to differentiate between that and I think your doctor should be able to give you some kinds of forms to fill out, you know, the differentiate between ADHD or anxiety. And if your doctor can't, then that's the time to look for a therapist, who can do that, or a psychologist who's, who can do that, I mean, you may or may not need a full evaluation, for a lot of people full evaluations are very helpful, but a lot of the, you know, leaders in the field of ADHD like Barkley and Brown, and feel like the the best way to determine ADHD is actually through a, you know, an extensive interview, too. So you can do some pet, you know, sort of rating scales, and then you're interviewed at length to determine, you know, is, you know, is this more anxiety? Did the anxiety come first? And then the ADHD? Is this depression? Or is this ADHD with some anxiety and depression? You know, we have to, you really have to spend some time with someone to figure that out. And I think that in our culture today, where everyone wants a fast answer, you know, I fill out three, answer three questions. And then yes, I have this, you're doing yourself a disservice by doing that.



Katy Weber 22:57

Yeah, I mean, I think there's also the question of self diagnosis, and even getting an official diagnosis, which I think is a conversation. I have a lot on this podcast, because there are so many barriers to getting a diagnosis right now. Especially, you know, just it's hard enough to get a dentist appointment.



Dr. Sharon Saline 23:18

And it's hard to find a therapist. Yes. Right. Yeah. And



Katy Weber 23:21

so, you know, there's sort of feel like, well, what's the danger and just looking into what ADHD even is, and how you know, the more you look into kind of how it has maybe shown up in your life, and what you can do about that, like, I often say, like the you have, the treatment is really just kind of taking the time to understand what it is and how this may have affected you, and how you can start to kind of radically change your view and like you said, you know, start to make lifestyle choices like prioritizing exercise, and sleep, and all of these things that we know are going to be helpful, regardless of whether you're officially diagnosed or not.



Dr. Sharon Saline 23:59

That's right. That's right. And I think the idea of a diagnosis is not so you can, you know, have a label that you can like embroider on the back of your jacket, but it's actually a roadmap, you know, it's like, okay, if this is the diagnosis, what you know, so I've named the territory, what what do I want to do to sort of live in this territory or traverse this territory? So, you know, what does it mean? What are some common tools people use? What are other people's experiences? That's why podcasts like yours is so helpful, so people can listen and feel like they get some information and some support as well.



Katy Weber 24:37

Yeah, and I guess also, just like I had said earlier, when we were talking the the sharing of lived experience, for whatever reason, I think, has been incredibly cathartic for women who are exploring what ADHD looks like, and I feel like you know, even even just this series, Olden self test that's on attitude magazine, which I took the original ADHD so Test. That was for men and women, it was just a regular adult one. And I didn't really relate to it much because I never thought of myself as hyperactive. It was the, you know, I think my story is, I'm sure it's shared by a lot of adult women who are sort of like, it was suggested to me I had ADHD, I had no idea what it was, I thought of a hyperactive little boy, I thought I'm not hyperactive, I can actually lie on the couch for hours in a depressed state. That's not my issue. I'm not fidgety or anything. And then taking the self test and not really relating to the need to move a lot. And even though you know, you, we all are incredibly. Once you start to look into your own fidgets, you realize I think many of us realize that we have them. But, you know, the, the idea that I wasn't really understanding what ADHD was when it was first suggested to me and it wasn't until I took sorry, solvents, self tests that I started to realize, you know, she talks about like, how your, how organized your house is, and, and how much shame you hold around the that messiness and the disorganization, and those were those like lightbulb moments where I was like, oh, yeah, okay, now I'm connecting the dots. And now I'm under. Yeah, you know, and those are those like real love lived experiences and what you know, what was so great about your book on, you know, what your ADHD child wishes, you knew, what I loved about it was how you wove in so many of those personal lived experiences firsthand, from so many children of different ages. I felt like it just, you know, rather than having a textbook that's like, dear parent, this is what you

say. And this is what they say, you know, it was just so beautifully. I think there's something really, really healing or I can't think of a different word other than I know, I already use cathartic, but I'll use it again. Like there's something incredibly powerful about reading those vignettes and these personal experiences.

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Dr. Sharon Saline 27:00

And why thank you. I appreciate hearing that. Thank



Katy Weber 27:03

you. Oh, you're welcome. Yeah, it's a fantastic book, I definitely recommend it for any parent out there. Who are you know, even if you don't, I mean, I think it was very helpful just for me to recognize myself in a lot of those kids, because a lot of that adult like yesterday is going back and being like, yeah, you know, I was really struggling and nobody really got it. And the signs were there. And then so it really helped me kind of feel like, you know, that I wasn't broken, you know, as we often talk about right, you know, that there there is such that belief in so many of us that we that there was some everybody else got the manual, and we didn't.

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Dr. Sharon Saline 27:43

That's what so that's what's so great. My friend and colleague, Tim are Rosier, you know, the title for a book, your brains not broken. It's such a brilliant title. Yeah. Because so many people feel like they are broken, and you're not your brains just different. Right? Yeah. And even different, in what way? Like, I mean, you know, we talk about gender diversity and racial diversity and religious diversity and economic diversity. That's what neuro diversity is, we all have different, different brains. And, you know, I think that we need to honor that just like we honor those types of diversity.



Katy Weber 28:15

Yeah, I mean, I think, for me, I've talked about this in the past, where, you know, with my parents, for instance, I, I had a very kind of typical interest driven report card where I would get A's and I would get D's and nothing in between. And you know, there were so many times that all my parents cared about were the DS, and they would harp on the consistency. And nobody was really paying attention to the things I was good at. It was mostly just like we, you know, we always joke if you came home with a 98, my mother would say, What happened to the other 2%. And that kind of morphed into a sense of perfectionism, which then morphed into, you know, well, I'm just not going to try if I can't be perfect. I'm just not going to try. And, you know, my parents would always say things like, Well, I had two older brothers, who did very well in school always had straight A's scholarships, Ivy League schools, and, and so my parents said, You know what, we can't all all of our kids can't be perfect. All of our kids can't get straight A's. That's fine. You have you have you're good at other things. And, and I realized now, like, that was really damaging to me, because I felt very bright. And I felt like why, why am I not getting Why am I not getting A's? Like nobody really is telling me how to get them explicitly, right. And so anyway, this is a little bit of a tangent because I think my point was my own chain. My own

thinking has shifted from kind of like, oh, well, that's just who you are, to, you know, what do you need in your life to get those A's What do you need in your life to succeed? And so I think that's really changed how I how I parent, too, right? It was used to sort of think of my children as like, Oh, you're Good Student Oh you're not a good student you're but you're so fine You're good at other things and rather you know really trying to listen to like what do they want to be good at? What are they interested in? And how can I help them succeed in those things? So going back to the idea of ADHD, the acronym and how inaccessible it feels for a lot of people, especially adult women. If you had a chance to call it something else would you? Would you call it something else?

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Dr. Sharon Saline 32:13

necessarily fun question. Well, I think if I were gonna use the letters ADHD, I'd probably call it awesomely diverse. Human differences. Ah, nice. And if I'm going to call it something altogether different, might have to think about that. I think I might call it something like something like selective attention differences, because that's what it's really about. It's about being able to pay attention to some things that you find interesting, and valuable and compelling. And then struggling with paying attention to other things that are less so. So I would do something about selective attention. Differences. Yeah, there you go. I think that's what I would do. Sad. Oh, that Oh, that's terrible. Wait, wait, let's redo I don't like sad. So let's do it this way.



Katy Weber 33:07

I know Halliwell and Radia are running with fast the variable attention

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Dr. Sharon Saline 33:12

I'm not Yeah, I think I might do like, maybe, maybe something like differential attention. condition. So have a deck.



Katy Weber 33:23

That said, that's good. At least it'll still be Google bubble. That's my issue with fast like, yeah, you still use you'll still always have to type fast ADHD together. So that's interesting, because it you know, what it reminded me of what the accurate of sad was the fact that I think a lot of women like I did don't relate as much to the attention focus elements, right. I think a lot of us come to our own ADHD understanding through the emotional elements, the stuff that's not in the DSM, the the rejection sensitivity and the difficulty with shame, you know, and self image and how those are sort of interwoven into how we are treated and spoken to as children.

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Dr. Sharon Saline 34:15

Yeah, I think that's true. I mean, I think that uh, that a lot of women accept accept and a certain level of dissatisfaction and personal maybe sadness in in as part of what it is to be them instead of feeling like no, you know, um not there isn't something wrong with me? That would

instead of feeling like no, you know, I'm not there isn't something wrong with me? That would be a great name for the for instead of ADHD there isn't anything wrong with me



Katy Weber 34:50

right now. Yeah, I know. I think the speaking of book brilliant book titles the you mean, I'm not lazy. Yes, exactly. Was that lazy, stupid. and something crazy, I think as of right, yeah, that was definitely, I think one of the best book titles to just describe that realization, I guess. So I guess my other question, just going back to the idea of like, is this ADHD? Or is this something else if a woman is feeling kind of like there's some gatekeeping going on from her doctor, or she's feeling minimized? Like, what kind of advice? We talked about this, I guess, a little bit, but like, what kind of advice would you give a woman who



Dr. Sharon Saline 35:32

I would, I would try to seek out someone who knows about ADHD, and get a consultation. And you can pursue some sort of evaluation, like a more formal psychological evaluation, which is what we commonly called testing. But you know, you can also try to meet with someone who understands ADHD or is more of an expert, and can give you a formal diagnosis, or you can push your doctor and say, I, I want to be evaluated. I mean, I understand that you don't think I have this, then? Is there someone in the practice who could evaluate me? It was not you? Again, it depends on what what you're experiencing, what you're experiencing, and what your history is. Because, you know, what you're experiencing now is, it's vastly different than anything you've experienced. And that probably doesn't indicate ADHD, and it might indicate more situational anxiety or depression. But if what you're experiencing now just an exacerbation of things that have already been present, then that's, that's a different sort of kettle of fish, and, and worth exploring with someone.



Katy Weber 36:45

Yeah, yeah, I think that's, you know, that was definitely a question I asked myself a lot when I was first looking into ADHD, which was, wow, like, all of these seemingly, random struggles that I had experienced, going back to middle school, are all making sense in the, you know, through this lens of ADHD. But again, like, when you get out, you know, when I when I think about like, ADHD is something that is present throughout your life, so you really have to kind of show evidence of struggle. And for me, it was a little more obvious, but I guess there are a lot of women who really didn't record, you know, didn't have obvious evidence of struggle in school. On early life, it was almost like this sort of building anxiety that was brewing underneath from being bright and from being a high achieving. And,



Dr. Sharon Saline 37:42

you know, they're,



Katy Weber 37:44

I think they get to a place where it's sort of like, well, I how do I even prove if I was struggling? Right? It's, it's a really object or not a very objective question. For a lot of people.

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Dr. Sharon Saline 37:56

That's true. But it's not about it's not necessarily about proof. It's about you know, your pet. It's about Patterns of Life. And experience. It's not about that, you know, it's about looking at the patterns, the facts of the experiences that you've had, rather than, you know, I'm trying to find proof. Right. Let me show you in this moment here.



Katy Weber 38:25

Yeah, no, that's a good point. I think I think about like in the UK, where oftentimes your parents will get pulled into it, where they'll say, like, you know, bring your parents and we want to know what your experience was, as a child, bring your report cards, that kind of thing. And it does almost feel like you're being asked for proof that, you know, so many of us, would we talk to our parents about ADHD, and they say things like, oh, all families are like that, or to stuff your tickets. I think our family members can sometimes be the biggest deniers of ADHD.

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Dr. Sharon Saline 38:53

They may have their own feelings of shame or, you know, embarrassment about various aspects of your childhood or of their own.



Katy Weber 39:02

Hmm, yeah, yeah, that's a great point. If people want to work with you, or people want to find you, how can it how what's the best way to get more of you?

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Dr. Sharon Saline 39:11

Thank you for asking. Please go to my website, www.Dr.SharonSaline.com, which has all kinds of free resources. You can also reach me on Facebook, which is where I post a lot of things about what's happening, and articles and topics of interest and all kinds of information for you. I do have a YouTube channel where I have videos on various topics related to ADHD. So all of those things would be great ways to reach me and I do a weekly Facebook Live for attitude magazine on Fridays at 4pm. Eastern Standard Time. That's another way to connect and join a community of people just like you.



Katy Weber 39:56

Oh, awesome. I actually didn't know about that. Okay, I will definitely put a link to that in the show notes as well as your website and, and your Facebook. All right. Well, I really, really appreciate you sitting down and talking to me. Thank you so much. It's I like I said, I

recommend your book to everybody and I recommend your website. I mean, it's just such a incredible resource, just the the thank you blog, and you've done so many wonderful webinars and podcasts. And so yeah, thank you again for for sitting down and sharing some of your knowledge.

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Dr. Sharon Saline 40:33

Thank you so much for having me. And thank you for starting this podcast and sharing your journey with so many people. It's very healing